

# Halifax metro

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Your essential daily news | THURSDAY, FEBRUARY 9, 2017

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**WANTED: MORE PEOPLE**  
Census shows Halifax population growth behind national average **metroNEWS**

## 'Bigger battle' must continue

### LABOUR

### Prof says fight for education isn't over after negotiation



**Haley Ryan**  
Metro | Halifax

Regardless of what happens with the Nova Scotia teachers' vote this week, one Halifax professor says the "bigger battle" about

public education must continue.

Dr. Karen Foster, an assistant sociology professor at Dalhousie University, said teachers in the province are caught between a rock and a hard place no matter how they vote on the tentative agreement Thursday: rejecting it could lead to a strike and Bill 148 enforcing a government-legislated contract, while accepting it won't mean specific classroom changes.

"It's a terrible situation all around," Foster said.

She said the labour battle with the province, and past two re-

jected tentative agreements, is the culmination of previous deals where the teachers "gave and gave" on class sizes and pensions.

"Teachers know what it takes to run a classroom, they know what it takes to educate kids ... they're trying to keep up with changes to their working conditions but I think they've just reached a breaking point," Foster said.

There's been much speculation about how teachers will vote Thursday, with fractions appearing between high school and elementary teachers, rural

and urban, new and established; but Foster said it seems hard to accept a deal with no concrete changes.

If the deal is rejected after the Nova Scotia Teachers Union's (NSTU) third recommendation, many have speculated about a change in union leadership if there's a disconnect in what many teachers want, and what the contracts have held.

Foster said while it's possible the disconnect exists, it's up to teachers to make sure they're not just expressing their frustrations to friends but really

voicing priorities to leadership — and it may be an "unwinnable situation" if the province won't budge.

Foster said going ahead, there must be a serious conversation about how the system isn't delivering the proper level of education since no one is "getting what they deserve."

"This is a fight, but there is a bigger battle over the future of public education that needs to continue long after this negotiation is over," she said.

For education consultant Paul Bennett, it's still "hazardous" to

guess which way the vote could go due to the twists and turns of the past year.

If the deal is accepted, Bennett said many classroom issues would go to the \$20-million working conditions committee, which is where specific changes on class sizes, better supports, and policy could happen.

"If there's a benefit from all this, it's that teachers are now talking out of school," Bennett said. "I think the teachers have really performed a service in raising these issues — they can't now be put back in the box."

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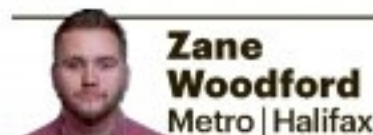
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## HOME SECURITY

# Raising false alarm fines on the agenda



**Zane Woodford**  
Metro | Halifax

Halifax regional councillors are set to consider later this week whether to raise fines for false alarms to fire and police departments from home security systems.

During a budget presentation Wednesday from the municipality's department of finance and information, communications and technology, HRM chief financial officer Amanda Whitehead gave council the option to consider raising the fines, which would save \$300,000 annually.

Currently, the first time a false alarm is called from someone's home, they're not fined. The second time, they're fined \$100, then \$125 for the third and \$150 for the fourth and any subsequent false alarms. Those penalties were established in 1999.

In 2016, 4,700 false alarms — at \$590 per fire call and \$48 per police call — cost the municipality more than \$1 million, of which it only recouped \$226,750.

"I support first fines being free, a modest second time, but then third and fourth, by that time, either there's some user behaviour there or some equipment that needs to be replaced," said Coun. Tim Outhit, who said he has a background

## + BUDGETS

Council's committee of the whole approved six draft budgets on Wednesday: finance and information, communications and technology; legal, insurance and risk management services; human resources; transportation and public works; Halifax Regional Fire and Emergency; and Halifax Regional Police.

in security systems.

He thinks council should go for an increase of "probably 50 to 100 per cent on the third and fourth."

Halifax Regional Fire and Emergency Chief Doug Trussler told councillors there's a public safety cost to false alarms as well.

"If the crew is tied up at a false alarm, that crew's not available to respond to another call," he said.

"So if there's another call in that truck's response area, a crew from a further away fire station now has to respond to potentially a real emergency, a life-saving emergency. So that's a real cost to us."

Councillors will deal with this item along with a number of other budget options during a meeting scheduled for Friday.

## Halifax DIGEST

### CAPE BRETON

#### Contest winner can keep \$100,000 prize, judge rules

A Cape Breton judge has handed a big victory to a contest winner trying to keep a \$100,000 prize despite an alleged agreement to split it with four other finalists.

Darin Seymour won the cash in a car dealership contest on Jan. 6, but the other contestants claimed there was a verbal agreement to split the winnings, with each finalist receiving \$20,000.

His wife Kimberly Seymour attended the draw on behalf of her husband.

Justice Frank Edwards says Seymour's wife did not have authority to make the deal.

THE CANADIAN PRESS

### WEATHER

#### Winter storm warning issued for the city

A winter storm warning has been issued for all of Halifax with as much as 30 centimetres of snow possible by Friday.

Environment Canada says a system will move into the province late in the day Thursday and track across the province overnight and into Friday.

"Snow, at times heavy, will develop in the southwest in the afternoon and spread eastward throughout the evening," the statement reads. "The snow will become mixed with ice pellets during the evening. Total snowfall amounts of 20 to 30 cm are expected."

METRO



Marta Miazek, a second-year law student at Dalhousie, converted to Islam last year. She spoke publicly for the first time about her experience at an event hosted by the Dalhousie Law Students' Society on Wednesday. ANNA SOPHIA VOLLMERHAUSEN/FOR METRO

# City's Muslim students speak out to build unity

## ACTIVISM

### Law schools hold Hour of Solidarity events



**Anna Sophia Vollmerhausen**  
For Metro | Halifax

For Marta Miazek, being Muslim has long been a private part of her life.

The second-year law student at Dalhousie spoke publicly about her experience for the

first time in front of a small crowd at the university on Wednesday.

"It was really difficult, I love talking about Islam, that doesn't bother me, but it was always kind of a private thing because you can't really tell (that I'm Muslim)," Miazek said afterwards.

Miazek, who converted to Islam in July 2016, spoke at the Hour of Solidarity event put on by the Dalhousie Law Students' Society (LSS).

According to Ria Guidone, LSS vice-president (student life), the aim was to display unity following the Quebec City mosque

**“Maybe they’ll think of Islam in a different light.”**

Nadia Shivji

attack, as well as the United States' Muslim ban. Similar events were held at five other law schools across the country that participated in a research-athon over the weekend.

Nadia Shivji, a second-year Muslim law student at Dal, also spoke at the event. She said she hopes those who attended

learned that there are many faces to Islam.

"I hope if they came today and they saw two "normal" law students who they have classes with who are Muslim ... maybe when they hear the word Islam they'll think of me, or they'll think of Marta ... and maybe they'll think of Islam in a different light," Shivji said.

"I think that it's great that the Halifax community is coming together to support the mosques," Miazek said.

"When you understand more about Islam and more about people, you'll realize that we're not that very different."

## SYRIAN REFUGEES

# Woman travels to Jordan to meet family

Tired of waiting for the arrival of a privately sponsored Syrian family, a Halifax woman decided to travel to Jordan to meet them herself.

Stephanie Gillis says it's been more than a year since the family of four was expected to arrive in Halifax, but a backlog of applications has left their arrival date unknown.

Gillis and her employer, Southwest Properties, created an internal group to help with the refugee crisis by privately sponsoring a Syrian family.

They were matched in December 2015 with a young family made up of a father with an agricultural engineering degree, a mother and two young children.

She says the family said they were contacted last February by the Canadian Embassy in Jordan, where the family had fled during the war and told to be ready to travel within two to three weeks.

The group had everything ready to go for the family's arrival, including setting up their apartment, but the ap-

plication is still waiting to be finalized.

So, Gillis decided to travel to Jordan at the beginning of this year to meet them.

"The frustrating part is the rushed feeling of being told they're coming, getting the apartment ready and then waiting and not knowing," she said.

THE CANADIAN PRESS



2016 CANADIAN CENSUS

# The booming 'burbs

## Numbers have councillor looking for more services



A 10.3 per cent population jump in Halifax West over the past five years has Bedford Councillor Tim Outhit making the case for more services in his district. "It is a designated growth area, and of course it's a wonderful place to live. But I think this also provides evidence to what I've been saying about the tremendous increase in traffic, the tremendous need for new facilities and infrastructure," he said.

"Now I have the data to support this that says we are the fastest growing, and that we cannot be closing facilities and that we need to figure out how we're going to move people."

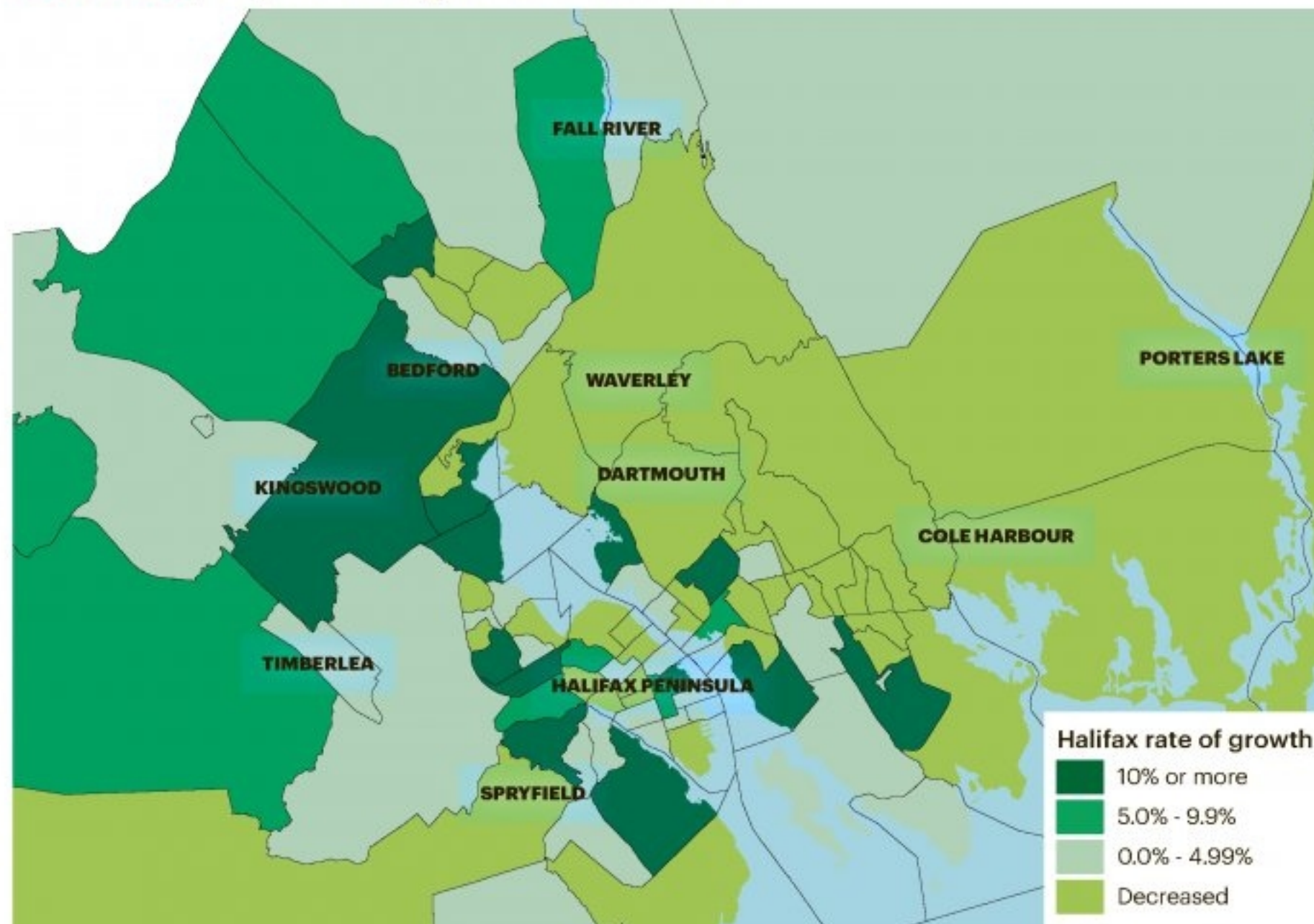
The 10.3 per cent population increase in Halifax West since 2011 was included in new Statistics Canada census data released on Wednesday.

In contrast, the population of what Statistics Canada refers to as the census metropolitan area of Halifax increased by just 3.3 per cent.

That puts the Halifax region's growth rate below the national rate of 5.0 per cent, but above the provincial rate of 0.2 per cent.

The growth in Halifax West is partly attributable to the booming Bedford West community. Outhit has long been vocal about how continued growth in his district needs to be accompanied by more infrastructure, services, and

## MAPPED | Population growth in Halifax



## + HALIFAX AREA POPULATION

**Here are the population numbers for the Halifax area with the increase (and one decrease) over 2011 stats:**

**Dartmouth:** Cole Harbour: 1.2 per cent

**Halifax:** 2.1 per cent  
**Halifax West:** 10.3 per cent  
**Sackville-Preston-Chezzetcook:** 1.1 per cent  
**South Shore-St. Margarets:** -0.8 per cent

better transit.

"If we want people to live in this area and we want people to grow our tax base, then what are we gonna do to accommo-

date it?" Outhit asked.

"I view this somewhat as a vindication of what I've been saying."

When asked about Halifax's

3.3 per cent growth being under the national average of 5.0 per cent, Mayor Mike Savage said growth has actually been "accelerated" in the last two years.

He added he's confident the region will meet its targeted growth rates if the trend continues.

"You don't have to go to the conference board or Stats Canada, you just have to walk up and down Barrington Street or Argyle to see the growth in the downtown in the last few years," Savage said.

"You see it in other parts as

well. There are parts of Dartmouth that have grown, areas like Fall River and Exit 5 Tantalum."

When asked specifically about the need for more services, facilities, transit and infrastructure in the Bedford area in light of its significant population growth, Savage agreed.

He also went a step further and said it helps make the case for commuter rail.

"That's exactly the argument for commuter rail. We have a lot of people living in that area and we also want to get people

## HALIFAX'S CENSUS TAKEAWAYS

**403K**

HRM grew from 390,086 residents in 2011 to 403,131 in 2016

**23.8%**

Fall River's population increased 23.8 per cent, from 1,887 residents in 2011 to 2,337 in 2016

**-2.3%**

Halifax communities with declining growth included St. Margarets Bay (-2.3 per cent), Boutlier's Point (-1.9 per cent) and Terence Bay (-1.1 per cent)

**19.8%**

Waterville had the province's biggest population drop at 19.8 per cent

**0.2%**

Nova Scotia's overall population saw a 0.2 per cent increase.

in and out of the downtown quicker to get to work," Savage said.

## DATA Shrinking population bad news for Atlantic Canada's policy makers

Declining population is going to place tremendous pressure on small, rural communities across the Maritimes.

Mario Levesque, an assistant professor of political studies at Mount Allison University, said rural communities are emptying out.

"It's presenting a big public policy challenge for governments at all levels," Levesque told the CumberlandNewsNow.com. "As communities lose population it's going to get

harder to maintain the level of service that they have."

Statistics Canada released population data from its 2016 census on Wednesday and it doesn't paint a nice picture. While Nova Scotia's population as a whole increased between 2011 and 2016, the increase was just 0.2 per cent. New Brunswick's dropped by 0.5 per cent.

For many towns, the data indicates a shrinking population. In Amherst, it means

a drop of 3.1 per cent from 2011, while in Sackville, N.B., where Levesque is based, the drop was 4.1 per cent.

"It's about jobs," he said. "People are leaving in pursuit of jobs. The challenge is finding a way to create jobs that will keep people there, or attract new people."

Sackville, N.B., he said, has lost three foundries and a large marketing firm, while Amherst has also lost many manufacturing jobs over the last decade.

The same is true elsewhere.

"This should be of big concern for government," he said. "It's nice to have people come back (when they retire), but as we age we consume more health services. It almost doubles in the cost per person. As we get older, complications are more complex and treatment more intensive. It's great we're living longer, but it does pose a challenge to government. We need to get more jobs and more young people,

but it's hard to develop those jobs and keep them here."

Unfortunately, he said, there isn't much towns can do themselves to create jobs other than work to create an environment favourable to economic development.

Levesque said he's impressed with what Amherst did last year in preparing financial, demographic and infrastructure projections for the next 10 years.

"They are light years ahead

of others on that," he said.

Realtor Rod Gilroy said Amherst's demographic profile is changing.

He said he's seeing people, mostly retiring baby boomers, cashing in large sums of tax-free money on their homes in Ontario and British Columbia and retiring back east.

He said new jobs and industry would go a long way to attracting a younger demographic.

TC MEDIA



## POLITICS

# Kevin O'Leary puts up a fight in letter addressed to McNeil



**Anna Sophia Vollmerhausen**  
For Metro | Halifax

Businessman Kevin O'Leary — one of 14 candidates for the federal Conservative party leadership — has come out swinging in an open letter addressed to Stephen McNeil, the premier of Nova Scotia.

O'Leary says that he met with "hundreds" of people from across Atlantic Canada while in Halifax for a leadership candidate debate on Feb. 4.

In the letter, O'Leary says that people told him they were concerned about the local economy, struggling to find work, and that the province is "drifting in the wrong direction."

"Maybe you haven't had the chance to get out of your office and talk with your voters recently? Thank goodness you have me," O'Leary wrote. "Let me try to explain the issue to you because you don't seem to get it."

The letter goes on to question why Nova Scotia's economy isn't "flourishing," despite an abundance of natural resources.



**Candidate for the federal Conservative party leadership Kevin O'Leary criticized N.S. premier Stephen McNeil in an open letter.** THE CANADIAN PRESS

Not using these resources to benefit the people — "That really bothers me," O'Leary wrote.

He questions the "moratorium" on natural gas extraction, saying, "The science has made this safe."

O'Leary ends the letter with a warning, telling McNeil that he can ask Ontario Premier Kathleen Wynne "what happened to her poll numbers when I started writing letters."

## NO COMMENT

Metro reached out to the premier's office for reaction from McNeil, but spokesman David Jackson said by email Wednesday afternoon he didn't expect there to be a comment.

WITH FILES FROM PHILIP CROUCHER



**Tony Smith and Pamela Williams, chief judge of the provincial and family court.** The co-chairs of the Council of Parties, which acts as the governing body for the Nova Scotia Home for Colored Children Restorative Inquiry, attend a news conference in Halifax on Wednesday. THE CANADIAN PRESS

# Treated as 'second class citizens'

## INQUIRY

## Report says systematic racism plagues province

Systemic racism continues to have a major impact on African Nova Scotians, a new report says.

A preliminary report from the public inquiry into the Nova Scotia Home for Colored Children orphanage says it heard from black people reluctant to interact with public agencies because they feel they are treated as "second-class citizens."

The 21-page document also says participants noted African Nova Scotians continue to be over-represented in the child welfare and correctional systems, and black children are suspended at disproportionate rates.

"Parents, caregivers, ser-

vice providers and community members expressed concern that African Nova Scotian students continue to have a difficult experience in schools," the report said.

It said many people stressed that these issues are not new, and quoted one participant: "It feels like we're talking about the things we were talking about 40 years ago."

Inquiry council co-chairman Tony Smith said it's clear systemic racism is still a problem in Nova Scotia.

"It may show up differently in Yarmouth than it does in Halifax or Sydney, but many of the concerns are similar, and they're not new," said Smith in a news release.

The inquiry was launched in late 2015 with a mandate to examine the experience of former residents of the Halifax orphanage, and systemic discrimination and racism throughout the

province.

Former residents say they were subjected to physical, psychological and sexual abuse over several decades up until the 1980s.

Premier Stephen McNeil formally apologized to former residents of the home in October 2014 and later promised a public inquiry.

The inquiry will now hold sharing circles with former residents on their experiences with caregivers, the education and justice systems, and the community. It will also catalogue and examine records of the Nova Scotia Home for Colored Children, dating back to its inception in 1921.

The inquiry's task group — which works with the community and public agencies to identify possible actions and plans — will issue a report to the legislature in the spring.

THE CANADIAN PRESS

## RESTORATION

# Stop criticizing Bluenose II cost overruns: Deputy minister

It's time to stop criticizing and complaining about the troubled restoration of a Canadian icon, the deputy minister overseeing the Bluenose II revitalization said Wednesday after years of technical missteps that have seen the project's cost balloon to about \$25 million.

Paul LaFleche said the divisive debate about the storied schooner's prolonged rebuild only hurt the province's shipbuilding industry and tarnished the image of the 43-metre vessel, a replica

of the original Grand Banks fishing schooner that won worldwide fame for its design and speed.

"I'm here to implore everybody to move on," LaFleche, of the Department of Transportation and Infrastructure Renewal, told the public accounts committee.

"Everybody made mistakes ... The real issues come up because of the politics of this and we as civil servants wish that everyone would step aside from the politics of this."

LaFleche said part of the problem was that different political administrations made mistakes in handling the troubled file as it changed hands and departments since it was first announced in 2009 as a \$14.4-million endeavour.

All three parties could be said to wear some blame for the debacle. The restoration project was announced by a Progressive Conservative government prior to the 2009 election.

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# Ottawa pressured to end border pact

## ASYLUM

### U.S. is unsafe for refugees, Harvard review says

A growing chorus of legal experts on both sides of the border is calling on Ottawa to suspend a bilateral pact that bans asylum seekers from crossing

border for protection, warning the U.S. is unsafe for refugees.

A Harvard University Law School review is the latest to warn about the negative effect of U.S. President Donald Trump's executive orders on refugees, and is urging Prime Minister Justin Trudeau to reconsider the Safe Third Country Agreement.

The report, released Wednesday by Harvard's immigration and refugee clinical program,

comes on the heels of the arrival of 22 asylum seekers from North Dakota, including a child and a baby, caught walking in thick snow across an unguarded border into Manitoba last weekend.

It also echoed the recent calls on Canada by refugee advocates, immigration lawyers and academics to suspend the treaty.

"The new policies allow any state and local enforcement of-

ficial, not just trained federal agents, to pick people up on mere suspicion, detain them in any remote location, subject them to an expedited removal process," said Deborah Anker, head of the Harvard program.

"We are not going to tell the Canadian government what to do, but the finding that the U.S. is safe is wrong and unfounded, and should be blown out of the water."

TORSTAR NEWS SERVICE

**We are not going to tell the Canadian government what to do, but the finding that the U.S. is safe is wrong and unfounded, and should be blown out of the water.**

Deborah Anker

## 150 WAYS of looking at Canada

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## FASHION

### Magazine putting Sophie on its cover

Sophie Grégoire-Trudeau will appear on the cover of Fashion magazine, talking about women's rights, her advocacy work and getting personal about her recovery from bulimia.

The Canadian magazine announced this week that Grégoire-Trudeau will be featured on the front of its March feminist-themed issue, set to publish in advance of International Women's Day. It'll hit news stands on Monday.

For the feature, Grégoire-Trudeau was photographed in Ottawa at the National Gallery of Canada wearing a range of outfits by Canadian designers including Lucian Matis, Markoo



and Greta Constantine.  
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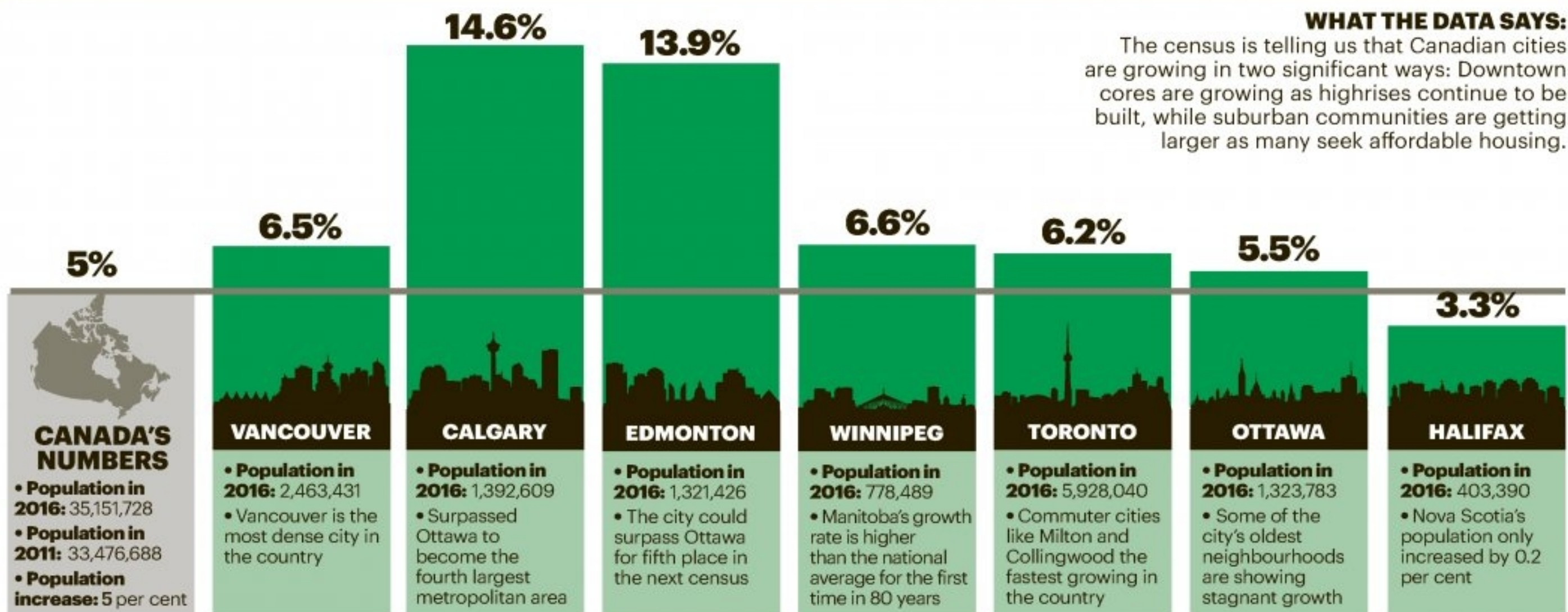
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## 2016 CANADIAN CENSUS



# The data shows cities need funds



**David Hains**  
Metro | Toronto

Canada's cities continue to be hotbeds for growth.

Census data released Wednesday confirms what mayors in major Canadian municipalities have been hammering home: cities need more money to support the boom.

"The challenge is how do we make room for all these people," University of Toronto urban planning professor Matti

Siemiatycki told Metro. "We need infrastructure investment that supports our urban quality of life."

Members of the Big City Mayors' Caucus highlighted infrastructure challenges in a late January meeting in Ottawa. Their priority recommendations for the next federal budget included transit and affordable housing, which are common issues across Canadian cities.

But less visible issues like water infrastructure, sewage capacity and the electric grid

also need attention, Siemiatycki said.

The census data shows that Canadian cities are growing in two significant ways, Siemiatycki said. Downtown cores grew as high rises continue to be built. At the same time, suburban commuter communities also got larger as Canadians sought affordable housing.

Western cities led the way, with Calgary, Edmonton, and Saskatoon showing double-digit population growth compared to the last census in 2011.

Overall, Canada's population increased 5 per cent over the past five years with more than one-third of people now living in the Toronto, Montreal and Vancouver metropolitan areas.

Atlantic Canada grew less than the national average, with Halifax growing at 3.3 per cent. St. John, New Brunswick was the only major city to see a population decline, with 2.2 per cent fewer people compared to 2011.

In 2015, the federal government promised \$186 billion in infrastructure spending, with

priorities on transit, trade and transportation, green initiatives, and social infrastructure like affordable housing and childcare.

Among the major requests from big city mayors in January was \$12.6 billion for affordable housing as part of the upcoming \$20-billion phase of federal infrastructure funding.

It's about time that Canadian cities see significant investment, Siemiatycki said.

"We've missed a generation of infrastructure in this country."

## Data at a glance

1 Data was collected in 2016, with many Canadians celebrating the return of the long-form census

2 The data is being released in seven stages, with Wednesday's representing population and dwellings.

3 In May, Statistics Canada will release data on age and sex, to be followed in August by household and marital status data.

METRO

## HOUSING

# Growth rate of new private dwellings slowing down

The number of private dwellings in Canada continues to rise, though the rate of growth has slowed down over the last 15 years, 2016 census data shows.

From 2011 to 2016, the number of dwellings in the country — defined as "a set of living quarters with a private entrance" — grew 5.6 per cent to more than 14 million, slightly higher than the 5 per cent population growth over the five-year period.

That's down from a growth rate of 7.1 per cent between 2006 and 2011. From 2001 to 2006, the rate of dwellings growth was even higher: 7.5 per cent.

"It's slowing down," said Johanne Denis, director general of census data analysis at Statistics Canada. She added, however, that the data released Wednesday doesn't include the types

**14 million**

The estimated number of dwellings — defined as "a set of living quarters with a private entrance" — in the country. While the number continues to rise, growth rate is slowing.

of dwellings — whether more people are living alone or in apartments or houses, for example — and she couldn't speculate on why the growth rate in dwellings has been slowing down in the 21st century.

"We really need to look at household composition to better understand this," she said.

From 2011 to 2016, Nunavut

saw the fastest rate of growth for any province or territory, in line with its increase in population, at 13.4 per cent from 2011 to 2016, the data shows. That's followed by Alberta, with 9.9 per cent more dwellings, and the Yukon's 7.8 per cent growth rate.

The number of dwellings in Ontario grew slightly faster than the national rate, at 5.8 per cent from 2011 to 2016, the data shows. But the province — which also houses about one-third of the Canadian population — saw the most new dwellings in absolute terms, with 281,666 created between 2011 and 2016. That's more than double the absolute increase in Alberta, at 137,403, and Quebec which saw 136,320 new dwellings over the five-year census period.

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Sen. Elizabeth Warren reacts to being rebuked by the Senate in Washington on Wednesday. SCOTT APPLEWHITE/THE ASSOCIATED PRESS

## GOP rebuke backfires

### U.S. POLITICS

#### Silencing of senator elevates her celeb status

The turbulent debate in the U.S. over race, gender and free speech consumed the normally staid Senate on Wednesday after the GOP majority voted to silence Sen. Elizabeth Warren, abruptly elevating her celebrity status at a moment when liberals are hungry for a leader to take on Donald Trump.

The highly unusual rebuke of the Massachusetts Democrat came as the Senate weighed President Trump's nominee for attorney general, GOP Sen. Jeff Sessions of Alabama, who seemed headed toward a nearly party-line confirmation Wednesday evening. It also gave frustrated Democrats a rallying cry weeks into a presidency that is dividing the country like few before.

"I certainly hope that this anti-free-speech attitude is not travelling down Pennsylvania Avenue to our great chamber," Senate Minority Leader Chuck Schumer of New York warned.

The debate immediately took on overtones of race and gender. Warren was rebuked as she was reading a letter by Martin Luther

King Jr.'s widow, Coretta Scott King, opposing Sessions' ultimately unsuccessful nomination to a federal judgeship in 1986.

Warren was chastised under a little-used Senate regulation, Rule 19, which bars any senator from impugning the motives of any other.

Several male Democratic senators stood up and read from the same letter but without drawing objections, leading Democratic activists to proclaim that Senate Republicans were interested only in silencing a woman.

Democrats challenged Majority Leader Mitch McConnell's ruling, but the GOP voted to uphold it, barring Warren from speaking on the floor throughout the remainder of the debate over Sessions.

"She was given an explanation. Nevertheless, she persisted," McConnell said in words that sparked still more liberal outrage and Twitter hashtags. Hillary Clinton referenced McConnell's comment about Warren persisting, adding in a tweet: "So must we all."

In the aftermath Democrats expressed outrage that Warren had been silenced while quoting from the words of a civil rights hero, as a party that's struggled over the best way to challenge Trump found something all could agree on. THE ASSOCIATED PRESS

### IMMIGRATION

## Travel ban in hands of appeals court

A federal appeals court will decide whether to reinstate President Donald Trump's travel ban after a contentious hearing in which the judges hammered away at the administration's motivations for the ban, but also directed pointed questions to an attorney for two states trying to overturn it.

It was unclear which way the three judges of the San Francisco-based 9th Circuit Court of Appeals would rule, though legal experts said the states appeared

to have the edge.

"I'm not sure if either side presented a compelling case, but I certainly thought the government's case came across as weaker," said Stephen Vladeck, a professor at the University of Texas School of Law.

A ruling could come as early as Wednesday and could be appealed to the U.S. Supreme Court.

Trump tweeted early Wednesday: "If the U.S. does not win this case as it so obviously should, we

can never have the security and safety to which we are entitled. Politics!"

The appeals court challenged the administration's claim that the ban was motivated by terrorism fears, but it also questioned the argument of an attorney challenging the executive order on grounds that it unconstitutionally targeted Muslims.

The contentious hearing before three judges on the San Francisco-based 9th Circuit Court of

Appeals focused narrowly on whether a restraining order issued by a lower court should remain in effect while a challenge to the ban proceeds.

But the judges jumped into the larger constitutional questions surrounding Trump's order, which temporarily suspended the nation's refugee program and immigration from seven mostly Muslim countries that have raised terrorism concerns.

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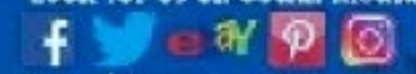
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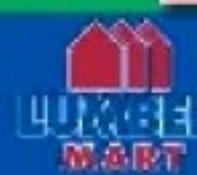
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### IN BRIEF

#### European space agency to help NASA take humans around moon, and beyond

The European Space Agency says it will contribute key components for a future NASA mission to take humans around the moon within the next few years.

Astronauts haven't gone beyond a low orbit around

Earth since 1972, when NASA ended its Apollo program.

The European Space Agency and aerospace company Airbus have already delivered a propulsion and supply module for an unmanned flight of NASA's new Orion spacecraft next year.

THE ASSOCIATED PRESS





## AZEEZAH KANJI ON HOW WE GOT HERE



### We cannot build a more just world by perpetuating unjust myths, including the fairy-tale that we are all immigrants here.

"We are all immigrants." The phrase has become a popular slogan of opposition to the closing of borders in Canada and the United States.

It has been written on protest signs held high against Donald Trump's ban on nationals from seven Muslim-majority countries, and echoed by Canadian politicians proclaiming their acceptance of refugees from countries like Syria.

"We understand that as Canadians we are almost all immigrants, and that no one should be excluded on the basis of their ethnicity or nationality," said Toronto Mayor John Tory, for instance, in response to Trump's "Muslim ban."

The claim that we are a country of immigrants is meant to be a statement of open arms to those outside the borders, but it closes our eyes to the hierarchies that exist within them.

"We are all immigrants" hides the violence of settler colonialism by calling it immigration.

"Misrepresenting the process of European colonization of North America, making everyone an immigrant, serves to preserve the 'official story' of a mostly benign and benevolent U.S.A., and to mask the fact that the pre-U.S. independence settlers, were, well, settlers, colonial settlers, just as they were in Africa and India," acclaimed historian and activist Roxanne Dunbar-Ortiz points out.

Settlers, unlike most immigrants, do not seek to join a society as it exists, but to create a new one by destroying what was already there. "Immigration" is a gross eu-

phemism for an exercise that has entailed the genocide of indigenous peoples, committed in Canada using means such as smallpox blankets and forced sterilizations and sexual violence and residential schools.

"We are all immigrants" deletes the fact that black people who were enslaved did not travel here voluntarily, but were transported forcibly — not only to the United States, but to Canada

Indigenous peoples of North America? No. Is 'immigrants' the appropriate designation for enslaved Africans? No. Is 'immigrants' the appropriate designation for the original European settlers? No," writes Dunbar-Ortiz.

"We are all immigrants" also obscures the reality of deep inequalities between different groups of people that have migrated to Canada.

The slogan covers over the

And it continues to be true today. For example, certain "highly skilled" immigrants and business entrepreneurs are given preferential access to permanent residence. But the temporary migrant workers that Canada uses to perform essential labour — such as farming the food we eat and making the clothes we wear and disposing of the waste we produce — are denied secure status, often trapped in abusive and dan-



**OPEN ARMS, OPEN EYES** Rewriting history in the interest of inclusivity can perpetuate historical inequalities in this country, says Azeezah Kanji. CRAIG RUTTLE/THE ASSOCIATED PRESS

as well, where slavery was legal until 1834.

The assertion that Canada is a nation of immigrants excises the thousands of black people enslaved in Canada from our history. It expunges from our self-representation people such as Olivier Le Jeune, the first enslaved African in Canada, who was brought to New France from Madagascar as a six-year-old boy in 1628 by British commander Sir David Kirke.

And like Marie-Joseph Angélique, an enslaved black woman who was brutally tortured and hanged in 1734 in Montreal, for allegedly setting fire to her mistress's home after she threatened to sell her.

"Is 'immigrants' the appropriate designation for the

truth that some move here and live here on far more privileged terms than others; that we may inhabit the same piece of land but we are not all in the same boat.

"Not all immigrants are equal," Carleton University Professors Frances Abele and Daiva Stasiulis remind us. "Throughout the history of this country, many different peoples have come, often in flight from poverty or persecution at home, only to find themselves exploited here."

This was true for the 17,000 Chinese men brought in as cheap and expendable railway workers in the 1880s; they were paid a fraction of the wage earned by white workers, and many hundreds of them died doing the most perilous jobs.

gerous working conditions with low pay.

"Racialized workers are overrepresented in the latter cohort, perpetuating the historical racial inequalities in immigration selection," according to the Ontario Council of Agencies Serving Immigrants.

As a Muslim, I have been deeply moved by recent displays of solidarity against efforts to keep Muslims out of the United States. But we cannot build a more just world by perpetuating unjust myths, including the fairy-tale that we are all immigrants here.

**Azeezah Kanji** is a legal analyst and writer based in Toronto.

## VICKY MOCHAMA

### Politics needs pop culture references now more than ever

In the days, weeks and months since Donald Trump was elected U.S. president, those who wanted a leader well-versed in the constitution have been doling out blame and shame.

In all this, there is one group being unfairly targeted for blame: pop culture nerds.

People have taken to comparing the outcome of the American election and early days of the Trump administration to everything from Star Wars to the Hunger Games to Harry Potter.

But for every tweet suggesting Trump has all the tact of the Whomping Willow, there's another saying, "Stop making Harry Potter references. This is real life."

As if readers of Harry Potter have walked the halls of their schools, or faced the drudging misery of going to work everyday and thought, "Yes, this feels exactly like being at Hogwarts, a magical school on a hill full of wizards and wands."

Now that's unlikely.

Pop culture references are the nervous laughter of these turbulent times.

Remember when then-candidate Trump dropped the word "bigly" during a debate and we all chuckled while thinking, "Oh good good, he's making up words and he might be in charge of nuclear weapons."

In the face of a tumultuous future, pop culture creates comforting distance.

The people to chastise are

not the ones who have read books or watched movies about fascism and concluded that they are analogous to this moment.

If anything, those people should be applauded for basic reading comprehension.

It is the people who misunderstand books — Qur'an critics who cherry-pick violent passages to paint a broad swath of people as savage; bible fanatics who use the Good Book to advocate for Bad Things; and those misguided souls who feel Dr. Seuss' *How the Grinch Stole Christmas* is really all about the tickery of the Easter Bunny — who are a problem.

Interpreting culture can be dangerous. Everyone imagines themselves fighting alongside Luke Skywalker for the Rebel Alliance, but few identify with Darth Vader's Stormtroopers.

As resistance to Trumpism builds, a demand for intellectual gravitas will exclude more people than it will include. Recognizing the danger ahead cannot solely be left to the historians and political analysts.

So: Is Donald Trump like Lord Voldemort? Of course not. Donald Trump is terrifyingly real. The lesson, however, is worth taking.

A generation of North Americans who have lived in relative safety are finding in pop culture an entry point for understanding the horrors of authoritarianism — and finding heroes, too.

That is a blessing, not an unforgivable curse.

**We may inhabit the same piece of land but we are not all in the same boat.**

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**As technology and society get in the way, the 'hookup generation' is proving to be anything but — with more virgins than in older age groups**

## No sex please... we're millennials

A 2014 study found that about 15 per cent of American 20 to 24-year-olds have never had penetrative sex, a jump from 6 per cent in their parents' day. ISTOCK

**Genna Buck**  
Metro | Toronto



Anna is a 23-year-old content specialist who's never had sex. She works from home for a Toronto start-up. She's attracted to men, but doesn't get to meet many. She's dipped her toes into the world of dating apps and OK Cupid, with some success.

While she's pretty confident she won't be a virgin much longer, Anna struggles with whether to be upfront about her status on something like Tinder, where many are looking for a quick hookup. But research shows Anna is not unusual at all.

Ryne Sherman and his colleagues set off a media storm when they published research in 2014 showing millennials in their 20s and 30s — the so-called

"hookup generation" — are anything but.

Compared to GenXers and boomers, millennials have fewer sexual partners and have sex less often, Sherman said. About 15 per cent of American 20 to 24-year-olds have never had penetrative sex at all. In their parents' day, that number was just six per cent. (The research in this area is still very heteronormative — the survey just refers to "sex" without specifying).

Researchers floated a few possible reasons for the trend: It's a hangover from fear-based sex-ed of the '90s; It's part of a trend towards less risk taking — today's young people do drugs less, drink less, and use condoms more than their parents did; It's a failure to launch — economic trends have landed many millennials at their parents' place, not the most conducive environment

for sexytimes.

But there's more to it than that. After the study was published, the mail poured in.

"We were hit with a bunch of stories like 'I'm 23 and a virgin. I don't have time for sex, I'm committed to my career,' especially from women," Sherman said.

Then there's another overlooked factor: The decline of the meet-cute. At least in person.

"I'm open to sleeping with someone, I just want to know them for maybe a month," Anna said. "People have been pretty respectful, but I don't want to engage until I feel ready."

Jessica\*, 33, deals with the same problem. "Who would ever want to have sex with a girl in her 30s who's still a virgin? Must be something wrong with her."

All Jessica's relationship experience is virtual. In her teens and 20s, she spent a lot of time

on the Internet, playing multi-user games and interacting with people from all over the world. "I loved it ... but it also kept me away from real social experiences," she said. She was in a tumultuous romantic entanglement with a man for most of her 20s — but it was entirely text-message based.

Many of the virgins Metro spoke to went through some kind of struggle in their young adulthood with their sexuality or sexual orientation. Anna has a pervasive phobia of getting pregnant. Another woman tried penetrative sex and found it unbearably painful. A third had come to realize her sexual orientation was somewhere on the asexual spectrum.

One 24-year-old man said, "Simply put, the women I like don't like me back, so I've never been on a date. I don't have the

confidence for one night stands or casual stuff, and it doesn't interest me anyways because the romantic aspect is really appealing to me."

But several said they just hadn't met someone they wanted to have sex with who also wanted to have sex with them, and didn't feel an urgent desire to be partnered up — a possible side effect of a society that is gradually embracing the philosophy of "you do you."

Though people who have what researchers call "a late sexual debut" are at a higher risk of sexual function problems that those who lose their V-card at an average age, most do eventually have sex. "Biology is pretty powerful," Sherman said. "We all came from a long line of people who were interested in having sex at least once."

\* Names have been changed

### RELATIONSHIP VIRGINS

Today's climate — with new dates and hook-ups to be found, and banished, at the touch of a button — has produced another kind of virgin: The relationship virgin. Everybody knows one: a person who has had sex, but never settled down. Jason Brown, 35, is that kind of virgin.

Dating apps and websites strike him as superficial and fake. He says the worst part of long-term singleness is the pressure from friends and family.

"I depend on myself for everything. And at times it would be really nice if I had a teammate, he said. "But if I can't, I've proven that I'm more than capable of surviving and doing very well without anybody."

## 4 VALENTINE'S DAY CARDS TO CUT OUT FOR YOUR SPECIAL SOMEONE

Metro cartoonist Ani Castillo has turned her trademark talents to modern love with four takes on a Valentine's Day message for 2017. Cut them out and spread the love!

© Ani Castillo





# Relationship status: it's very complicated

## TERMINOLOGY

### Why 'hanging out' leaves us hanging for a real definition

One of Metro's editors recently made a big mistake. She referred to her nephew and the woman he's seeing as "dating." No, he corrected her fiercely. They've been on dates. They're not dating.

It seems like those two things should be synonymous, but in modern parlance, they're not. We enlisted professional matchmaker Sofi Papamarko to explain the dizzying array of dating terms.

The way people define the stages of relationships has changed a great deal, even in just the past couple of years.

As recently as the 1990s, "If two people had gone out to the movies a couple of times, they were 'going out'" exclusively, Papamarko said; the same status their baby-boomer parents would have called "going steady."

But nobody says, "going



Professional matchmaker Sofi Papamarko. CONTRIBUTED

steady" with a straight face anymore.

Couples go through an increasingly common, and growing, limbo stage of dating/not-dating at the beginning of their relationship, especially if they meet on an app or website.

"Nowadays, 'dating' means exclusivity and exclusivity is ... a lot more hard won," Papamarko said.

"You can be seeing a lot of someone for months and if someone asks you if you're dat-

ing, vehemently deny it and say you're just hanging out."

"Hanging out" is what unofficial, not non-exclusive dating is called, Papamarko explained. Until the dreaded "what are we" talk, you're free to explore other options and assume your partner can do the same. This trend has affected how Papamarko advises singles who are looking for love.

"I tell my clients that a couple of great dates does not a relationship make."

GENNA BUCK/METRO

## 3 WAYS TO PIMP YOUR PROFILE

The wonderful thing about dating online in 2017 is how many apps there are to leave you wondering why your date never spoke to you again. Maybe there is a giant junk filter in The Cloud that has caught all those missed replies. Or maybe your profile just doesn't scream "serious." These steps will hit refresh on your profile.

### Ask for what you want

People looking for long-term love are the least likely to say so. Emily Witt, who wrote the love-in-the-time-of-Wi-Fi book called *Future Sex*, says that the most common answer that users make private on OkCupid's questionnaire is that they are looking for a serious monogamous relationship. "It's best to be honest instead of pretending that you are just there by accident," Witt says.



### Make it about you

Think of the text on your profile as talking points you are not-so-subtly suggesting your date ask you about. "If you don't write anything you look like a lazy dater," says dating consultant Shannon Tebb of ShannyInTheCity.

### Wear your first date outfit in your profile pic

...and then wear your second date outfit on your first date. After all, your profile picture is the first time that the perspective love-of-your-life is going to see you. "Snap a shot of yourself dressed up," says Tebb. "You're showcasing your best self."

RYAN PORTER/METRO

🍆 + 🍑 = NSA?

## Texting decoded

If Shakespeare were at work today, his sonnets may have read, "Shall I compare you to a peach emoji?" Today's text-based flirtations are an inscrutable mix of acronyms, secret codes and emojis that you might need to Google Translate your way through. Here are a few definitions to help:

**LTR:** "long term relationship," as in, go ahead and think about that fourth date.

**NSA:** a "no strings attached" sexual encounter; warning: actual strings may be attached.

**DFMO:** "dancefloor makeout"; minimal dancing required.

**DTR:** "define the relationship" — because an exclusive relationship is stressful enough without texting three complete words.

**HRU:** "how are you?", note: nobody is expecting a genuine answer to this.

**VGL:** "very good looking", as in "be warned that I am the kind of person who calls myself 'very good looking'."

**HWP:** "height/weight proportionate," a.k.a. the H&M "medium."

**CD:** "cross dresser"; if you read this as "compact disc," you are in over your head.

**Eggplant emoji:** A euphemistic way to refer to the male genitalia that makes it impossible to grocery shop without giggling.

**Peach emoji:** A bum that upholds unrealistic body image standards.

RYAN PORTER/METRO

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A lovelorn teacher and a military man, they grew up less than two hours apart but found each other on the opposite side of the world before a whirlwind romance spanning continents. All in all, it's a...

# Really epic love story

**Megan Haynes**  
For Metro Canada



When Emily Beaton, 31, moved to Kuwait in 2013 to find adventure and mend a broken heart, she never predicted she'd find love.

Alone in a new country, the English literature teacher (who is teaching at a private British school), went online to make new friends. She met Rob LeHaie, 38, a military man from Michigan — two hours away from Beaton's hometown of London, Ont. She was smitten.

"He's so intelligent and articulate and wanted to talk about books," she says.

There was only one snafu: As a result of a high terror threat level, LeHaie wasn't allowed to leave the military base.

"(We spent our evenings) on Facetime and Skype calls. All we could do is talk," she says. "We had an old-fashioned courtship with a modern twist: It was

months before we met."

Three months, in fact, before they began their first date in the unlikelyst of places: Halfway around the world at a Tucson, Arizona airport restaurant.

LeHaie had returned state-side, so Beaton planned her trip home with a stop-over near his military base.

"When I first met him, I hadn't slept in 31 hours. I hadn't showered in 31 hours. And the airline lost my luggage," she says. He was waiting for her at the luggage carousel in his military uniform. "And (I thought) I've seen this in a movie. When I met him, I just relaxed."

But it wasn't one meal. The date spanned three cities in two countries over two weeks. After dinner, the pair boarded a plane to Michigan and spent a week with his parents before venturing to Canada to see her relatives. "It was an amazing first date."

They returned to Tucson where they spent 18 hours together, before Beaton board-

ed a plane back to Kuwait. "It ripped my heart out."

Six weeks later, while she was on a course in the U.K. to complete her PHD, he flew out to meet her. With a ring inspired by one of her favourite novels (as well as a copy of *Pride and Prejudice*), he proposed.

"Kuwait's rules are if you're a couple and you want to live together, you have to be married," she says. "So I used to joke, if you want to be with me, you know you have to marry me?" So, he did.

Then, in a potentially tragic twist, he was told he was being sent to Syria, she says.

"They told him to get his affairs in order."

Six months after meeting online, they tied the knot in a small ceremony near where they first met in person. (A last-minute surgery shelved his deployment to Syria, she adds. Now they plan on having a big wedding this coming summer.) After spending the summer together, they



**Emily Beaton and Rob LeHaie tied the knot six months after they first met in person in Arizona after a whirlwind romance.** CONTRIBUTED

see each other every six to eight weeks, and talk on the phone each morning and evening.

LeHaie is set to retire from the military in November, Beaton says, and will join her in Kuwait until her contract is up at the school is up.

Then? Who knows where the pair's next adventure will take them.

## FOLKLORE

# Juliet's spirit still mending hearts

Canadian author Glenn Dixon flew to fair Verona, Italy to participate in a decades-old tradition: People from all over the world who have been unlucky in love write letters asking for advice from Juliet. They mail her letters and stuff notes in the brickwork near the balcony where, according to local lore, she was wooed by her Romeo. A dedicated group of women — Juliet's secretaries — answer every single one.

Dixon worked alongside them, hoping to absorb some of their wisdom. He spoke to Metro about how Juliet's story helped him heal his own heartbreak.

## What captivated you about this tradition?

I'd taught *Romeo and Juliet* for 20 years as an English teacher. In the back of our school textbook, there was a little essay on the letters to Juliet. I often thought it would be funny for a guy to go to Verona and work with these legendary secretaries of Juliet. They're a remarkable group of women.

## Did you bring home any of the secretaries' wisdom and apply it to your life?

Originally, I'd never intended on having this be a part of the book, but it became unavoidable. On that first trip to Verona, I wrote my own letter to Juliet. I was in love with a woman for an embarrassing number of years. When I went to Verona the first time, she had just become single again. So I wrote a letter. I came back home to Canada. Seven months later, an answer appeared. And it was a good answer. But the timing was terrible. This woman I loved had become pregnant. The father moved in with her. My heart was broken. And that was just about the point at which I got the letter back from the secretary of Juliet. The letter came too late, just like in *Romeo and Juliet*. Just like *Romeo*, I went charging back to Verona. I thought, I'm not through yet.

## Did it work? Or would that be a spoiler?

Someone else had come also at that point to answer letters. She'd had her own tragedy. And I can say that the second time I left Verona, I didn't leave alone. GENNA BUCK/METRO

## SECURITY

# The first rule of digital love: Don't send sexts at Starbucks

It's modern love: Half of adults admit they regularly send and receive sexy messages and pictures. A good portion of the other half would likely give sexting a spin if they weren't so worried about how hard it is to keep digital images under lock and key.

You can be betrayed by a person (i.e. revenge porn) or by leaky technology (the great iCloud hack of 2014). Andrea Slane, a law professor at the University of Ontario Institute of Technology and expert in online privacy and cyberbullying, has five tips for making sexting safer.

## Set ground rules

It shouldn't need to be said, but have the conversation anyway: Before you do it, tell the partner you're sharing images for that person's eyes only, no one else's.

"That certainly will work against the person who shares images without consent, if it does end up coming to the attention of the law," Slane said. And if you're the one receiving sexy pics: Unless the person has specifically said it's okay to share, assume it's not.

## Protect your identity

A sexy facial expression is part of what people like about naughty pictures, but consider saving

those for partners you truly trust, Slane said. If you're sexting on a dating app with someone you don't know that well, "the risk would seem to be higher the less you know." So keep your face and any other identifying features out of sight. "If the person does share it further, it's not as clear that it's you so the damage is less."

## Secure your data — and your partner's

This is a no-brainer, but password-protect everything. Check the privacy settings on your browser and any dating and messaging apps you're using. Public wifi networks aren't secure, so "Don't sext at Starbucks," Slane said. Find out if there are any settings on your phone, computer or tablet that automatically share photos and messages between devices, and turn those options off. And — this is important — make sure your partner does the same.

## Know your options

If an explicit picture of you gets out online without your permission, all is not lost, Slane said. The majority of web companies — including social media sites and even porn platforms — will take down an image if you ask, she said. If that doesn't work, there

are legal options: Distributing an "intimate image" without consent is a criminal offence in Canada. Or you can sue.

It's harder to get so-called "revenge porn" sites to co-operate, especially if they're based outside Canada. Slane suggests contacting the Office Of The Privacy Commissioner if you've been a victim of one of these slimy sites.

## Take care of your mental health

If someone you sexted breaks your trust and shares images of you, it can be "devastating to your sense of safety and sense of self," Slane said. But if it happens, don't blame yourself or assume it's going to ruin you forever.

Employers and school admissions officers are "starting to develop better norms," when it comes to checking out people's online history, she added. "They're not supposed to be trolling the Internet looking for the dirtiest thing they can find."

She also doesn't agree with the abstinence-based approach to Internet safety, which boils down to "Don't post it in the first place. You suffer the consequences if it gets out there."

That attitude is "horribly damaging" to mental health, she said. GENNA BUCK/METRO

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## How to cheer up your home this winter

### INTERIOR

### Ask a designer: Letting the light in is only the first step

During these chilly and grey mid-winter days, many of us look to our homes as sanctuaries. The standard advice for cheering up your living space is to add a few splashes of bright, happy colour, says designer Maxwell Ryan.

But while that may seem like an easy solution, he says, it's actually not very effective. To create a home that really helps battle the mid-winter blues, you need more than just a pop of colour.

The Associated Press asked Ryan, founder of the home decor website apartmenttherapy.com, and two other interior designers — Florida-based Laura Burleson and New York-based Jenny Kirschner — for advice on small decor changes that can lift spirits and brighten up a home.

THE ASSOCIATED PRESS



Gold-tone metal hardware, accessories and lighting to bring a warm glow to this home office designed by Laura Burleson. THE ASSOCIATED PRESS

### Have a light bulb moment

All three designers suggest improving the happy glow of your home by swapping out any lightbulbs that offer cold or harsh light. Kirschner says hardware store employees can help you find the most appealing "daylight bulbs" to bring a sense of sunshine in during grey winter days.

Or consider swapping out old lampshades or adding a new lamp. "Spread your light around down at the level you live at," Ryan says, so that it's "closer to you, closer to your face. You'll look better and feel better."

Designers recommend having at least three points of light in any room. Once you have plenty of light sources, make sure you use them by adding dimmers to control the light, and upgrading so that several lights can be turned on from a single knob or switch. Ryan has begun using Hue bulbs, which can be controlled by smartphone and adjusted for brightness and colour.

"My living room has five lights in it," he says, and they're now easily controlled via his smartphone. He notes that if he had to switch each one on individually when he arrived home on winter nights, "it probably wouldn't happen."

Another way to make a room's lighting more welcoming: Light your fireplace if you have one, Kirschner says, or create a similar feeling by clustering glass hurricane vases with pillar candles inside. Arrange several together on a coffee table, she says, "and light those when you come home from work."

### Add a soft touch to design

It's easy to create an uplifting sensory experience in your home by adding faux sheepskins, faux-fur throws, and rugs or pillows made of cashmere or soft wool, says Kirschner.

Ryan agrees: Make sure you have pleasing textures around you, he says, including underfoot. Little touches can make a big difference. Try adding a sheepskin or soft blanket over a chair that you use when working at home.



Uplighting words or art can serve as "a very, very simple, elegant little pick-me-up," says Burleson. THE ASSOCIATED PRESS

### Invite nature in

In February, many people are craving time outdoors and missing the natural energy of plants and flowers, Ryan says. "We've watched our plants die outside or the leaves fall from the trees," and we're due for an infusion of healthy, growing life, he says.

So add a few new plants to your home — perhaps succulents arranged in a kitchen window, or flowering branches in a large vase. Or plant flowering bulbs indoors in a large, deep bowl (try paperwhites or amaryllis) and enjoy tending them as they begin to bloom.

"Even if you just go to the corner store and bring in cut flowers," Ryan says, you'll be adding a bit of nature's energy to your home.

### Create a signature home scent

Kirschner suggests adding pleasing fragrances to your space. Choose organically scented candles, or simply take items from your kitchen (lemon and orange slices, cloves and nutmeg, or other fruits and spices) and steep them in water in a heat-safe container over a votive or tea light candle.

### Chose finishes that reflect light

Bring "a little glimmer of light" into your living space, Burleson says, by adding polished elements like metals, cut glass and lucite. These help natural light bounce around a room. When days are short, the goal is to make the most of what light there is.

In a home in Colorado, Burleson recently swapped out old kitchen hardware for shimmering clear agate knobs, and included metallic elements in a mix of finishes.

She also suggests adding metals in warm colours that "hint of spring," such as a copper, brass and rose gold.





## Guay golden in super-G

### ALPINE SKIING

#### Two Canadian men medal for first time at championship

Erik Guay phoned up the mountain to teammate Manuel Osborne-Paradis after laying down a winning time in the super-G at the world alpine ski championship Wednesday.

His scouting report helped put two Canadian men on the world championship podium for the first time in the 44-year history of the biennial event.

At 35, Guay became the oldest skier to win a world alpine title. Osborne-Paradis collected the first world championship medal of his career with a bronze on his 33rd birthday.

"The fact that I'm able to share the podium with Manny really does make it that much more special," Guay told The Canadian Press from St. Moritz, Switzerland. "I knew I had to ski with a lot of intensity on this kind of course. Everything sort of fell into place today. I was good on the jumps, I was aerodynamic and my line was on point."

The father of three daughters from Mont-Tremblant, Que., edged Olympic champion Kjetil Jansrud of Norway by 0.45 seconds for the victory.

"Erik today showed us how it's supposed to be done," Jansrud said.

Osborne-Paradis of Invermere, B.C., finished 0.51 back of his teammate. He was serenaded by the finish-area crowd and got a hug from his mom.

Late in the start order with bib No. 26, he was minutes from pushing out of the start gate when Guay called with intelligence, telling him the course wasn't fast and to attack it.

“

**I had tears in my eyes right away. Luckily I had goggles on so I don't think anybody caught that, but yeah, it was quite emotional.**

Erik Guay

"You have a little bit more time between the gates to really think about it," Osborne-Paradis said. "It's not as much reacting as it is powering the ski and going for it."

"I watched Erik's run. He just got me fired up. He skied so well on the last split. I was cheering and pumped at the start. I got just so much more energy."

Osborne-Paradis also helped break up Norway's traditional super-G dominance by edging Aleksander Aamodt Kilde off the podium.

Canada's only other multi-medal performance in a single world championship race was



**ABOVE: Erik Guay celebrates his title-winning run in the super-G at the world alpine ski championship on Wednesday in St. Moritz, Switzerland.**

JULIAN FINNEY/GETTY IMAGES



**LEFT: Guay, left, shows off his gold medal next to Canadian teammate, and bronze-medal winner, Manuel Osborne-Paradis. It was Osborne-Paradis' 33rd birthday.**

JOE KLAMAR/AFP/GETTY IMAGES

in 1982 when Gerry Sorensen and Laurie Graham won gold and bronze respectively in women's downhill.

Super-G, a speed event with

more turns than a downhill race, was added to the world championship program in 1987.

Guay was the men's world downhill champion in 2011.

He's also the most decorated Canadian in World Cup history with 24 career medals.

THE CANADIAN PRESS, WITH FILES FROM THE ASSOCIATED PRESS

### NFL

#### Falcons revamping defensive staff

After squandering a 25-point lead in the Super Bowl, the Atlanta Falcons are shaking up their defensive staff.

The team said Wednesday that coach Dan Quinn has dismissed co-ordinator Richard Smith and defensive line coach Bryan Cox, though there's a chance Smith could stay with the Falcons in an advisory role.

The changes mean the NFC

champions will have two new co-ordinators next season. Kyle Shanahan left to become head coach of the San Francisco 49ers and was replaced as offensive co-ordinator by Steve Sarkisian.

Atlanta couldn't protect a 28-3 lead midway through the third quarter of the Super Bowl, losing 34-

28 in overtime.

THE ASSOCIATED PRESS

**47**

**The Patriots ran 47 more plays than the Falcons in the Super Bowl.**

### IN BRIEF

#### Oakley removed from MSG

Former Knicks and Raptors star Charles Oakley was escorted from his seats at Madison Square Garden after an altercation near team owner James Dolan.

Oakley appeared to shove security guards before they pulled him away from his seat behind the baseline during the first quarter of the Knicks' game against the Los Angeles Clippers on Wednesday night.

THE ASSOCIATED PRESS

### TENNIS

#### Canada blanks Bolivia at Fed Cup

Canada's Katherine Sebov won her debut singles match at the Fed Cup on Wednesday to help her team to a 3-0 victory over Bolivia in Americas Zone Group I play.

Sebov, from Toronto, defeated Maria-Fernanda Alvarez-Teran 6-3, 6-2 and Bianca Vanessa Andreescu of Mississauga, Ont., followed with a 6-3, 6-1 win over Noelia Zeballos.

Canada completed the sweep when Charlotte Robillard-Millette of Blainville, Que., teamed

with Sebov for a 6-2, 6-1 win over Hortencia Birnbaumer and Paola Cortez Vargas.

Canada opened the competition with a 2-1 win over Venezuela on Tuesday.

Canada will face Paraguay on Thursday with first place in Pool A on the line.

The winner of the tie will advance to Saturday's final for the chance to qualify for the World Group II playoffs in April.

THE CANADIAN PRESS

### WORLD BASEBALL CLASSIC

#### Freeman heads up Canadian roster

Sluggers Freddie Freeman and Justin Morneau headline the Canadian roster for the 2017 edition of the World Baseball Classic.

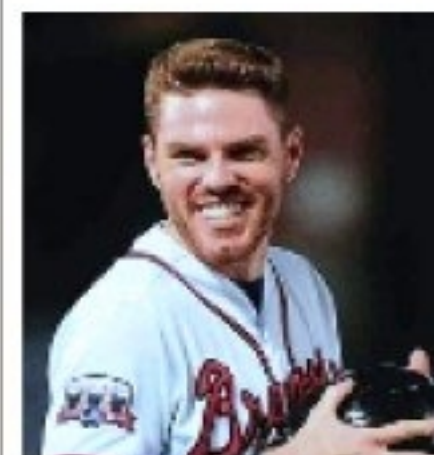
Freeman hit 34 homers and drove in 91 runs for the Atlanta Braves last season. Morneau, who has played in all three previous WBC tournaments, won the American League most valuable player award in 2006. The free agent has 247 homers over his big-league career.

Canada's 28-player roster includes seven other players who played in the major leagues last season. They include Andrew Albers (Twins), John Axford (Athletics), Kevin Chapman (Astros), Jim Henderson (Mets), Adam Loewen (Diamondbacks), Dustin Molleken (Tigers), and Dalton Pompey (Blue Jays).

Also named to the roster were former big leaguers Ryan Dempster, Eric Gagne, George Kottaras, Chris Leroux, Scott Mathieson, Pete Orr, Scott Richmond and Rene Tosoni.

"We're fortunate to have so many players on our roster with World Baseball Classic experience and international experience on their resumes," Canadian manager Ernie Whitt said in a release. "International baseball presents a different set of circumstances compared to the regular season so it's a positive that we have some veteran players who've been through it before."

Notable roster omissions include Toronto Blue Jays catcher Russell Martin and Philadelphia Phillies outfielder Michael Saunders. THE CANADIAN PRESS



**While he was born in California, Freddie Freeman's parents are from Canada.**

SCOTT CUNNINGHAM/GETTY IMAGES



# Knicks' Anthony under fire

NBA

## Club president Jackson takes a dig at New York's star man

Phil Jackson may be trying to trade Carmelo Anthony because he's given up trying to change him.

That seemed to be the conclusion Tuesday when the New York Knicks president of basketball operations broke his Twitter silence with a tweet that was another dig at the star forward.

In the tweet, Jackson referred to a column by Bleacher Report writer Kevin Ding that suggested Jackson is frustrated because Anthony doesn't have the same will to win as Michael Jordan and Kobe Bryant, two of Jackson's greatest players when he coached.

Jackson tweeted on Tuesday: "Bleacher's Ding almost rings the bell, but I learned you don't change the spot on a leopard with Michael Graham in my CBA daze."

Jackson was referring to Michael Graham, a college star



**Carmelo Anthony could be traded by the Knicks but that in itself may be challenging with his salary.** Inset: Knicks president Phil Jackson has criticized the player. AL BELLO/GETTY IMAGES

from Georgetown who never enjoyed much success in the pros. Jackson coached Graham on the Albany Patroons of the now-defunct Continental Basketball Association.

It was at least the third time this season that Jackson or someone close to Jackson was critical of Anthony, the 32-year-old for-

ward who remains the best player on the disappointing Knicks. That has triggered reports that Jackson is trying to trade Anthony, who acknowledged recently that the question is wearing on him.

"It definitely kind of tests you. It puts you to the test and you have to dig deep within yourself

to get through it on a day-to-day basis and figure out a way to still go out there and play at a high level every night," Anthony said.

"It is testing my will, it is testing me as a human being, but it is also making me stronger throughout this process."

Jackson said in one interview this season that Anthony tends

to hold on to the ball too long to be successful in the triangle offence. Then Charley Rosen, a Jackson confidante and former assistant coach, wrote a column that was heavily critical of Anthony, saying his legs are "going, going, almost gone" and that "the only sure thing is that Carmelo Anthony has outlived his usefulness in New York."

Rosen later wrote another piece saying those were his thoughts alone, after Anthony speculated they must be Jackson's as well. Anthony then met with Jackson and told him his preference was to remain in New York.

He owns a no-trade clause that Jackson gave him when Anthony re-signed with the Knicks in 2014, allowing him to approve any deal. But Jackson has reportedly reached out to the Cavaliers, Clippers and Celtics to see if they would be interested in a trade.

Any move would be difficult, given Anthony's salary that would be tough for another to match without dealing back another All-Star-calibre player, or multiple players the Knicks may not want.

THE ASSOCIATED PRESS

## IN BRIEF

### Baylor's Big 12 cash stops due to sex assault scandal

The Big 12 Conference said Wednesday it will withhold millions of dollars in revenue from Baylor until an outside review determines the university and athletic department are complying with Title IX guidelines and other regulations in the wake of a campus sexual assault scandal.

The league said it would withhold 25 per cent of future revenue distribution payments to Baylor.

THE ASSOCIATED PRESS

### Struggling Foxes find solace, hope in cup win

Leicester earned some respite amid a difficult spell in its Premier League title defence by beating Derby 3-1 in a fourth-round replay in the FA Cup, with Demarai Gray's slalom solo strike clinching victory in extra time on Wednesday. Wilfred Ndidi and Andy King got the Foxes' other goals.

The English champions have put forward an awful title defence and have slumped to within a point of the relegation zone.

THE ASSOCIATED PRESS

### Timberwolves giving Stephenson another shot

The Minnesota Timberwolves are giving Lance Stephenson another shot in the NBA. Just how many he has left remains to be seen.

The Timberwolves signed Stephenson to a 10-day contract on Wednesday, hoping the enigmatic guard can bring some toughness and experience to a young team. With essentially a week to make an impression before the All-Star break, Stephenson will have to be on his best behaviour as he tries to reclaim a place for himself.

### Orlando wait on Gordon's foot injury test results

The Orlando Magic are waiting for test results on forward Aaron Gordon's injured right foot.

Gordon missed the second half of Tuesday night's 128-104 loss against the Houston Rockets after complaining of soreness and he didn't practise Wednesday.

Gordon is expected to compete in next weekend's Slam Dunk Contest during the NBA All-Star Weekend.

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# SMU HUSKIES

## HUSKIES AT HOME

Saturday, Feb 11<sup>th</sup>

### Men's Hockey vs. DAL

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### Basketball vs. Acadia

Women 6pm & Men 8pm  
Homburg Centre

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f t i

MMA

## UFC's return to NYC a much friendlier affair

Anderson Silva strode onto the stage toward his opponent, extended his hand and went for the hearty shake. He flashed a wide smile and threw his arm around Derek Brunson. Brunson slapped Silva on the back, they laughed, hugged and mugged for the cameras.

Silva and Brunson seemed more amped for a night on the town than a few rounds in the cage. Where was the chair swinging? Where were the fur coats? The fighters storming off stage?

UFC held a much more G-rated return to New York than its blockbuster, outlandish debut in November when Conor McGregor styled and strutted his way through the city and led the company to perhaps its most colossal event.

Want trash talk? Try the next Brooklyn sanitation meeting.

"How can you not respect Holly (Holm)," challenger Germaine de Randamie said. "She rocked the world when she fought Ronda (Rousey)."

And Brunson, eight years

younger than the decorated Silva, was pumped to face one of his fight heroes. "I can't sit up here and act like I wasn't a fan," he said. "I grew up watching the guy. I watched all his fights."

Brunson is on more of a scouting mission these days when he checks out Silva video, and when he looks up to Silva — way, way up — he'll see the two on the video screen outside the Barclays Center near the top of the UFC 208 card on Saturday night.

Holm and de Randamie headline the card that will crown UFC's first 145-pound women's champion. Jacare Souza fights Tim Boetsch; Glover Teixeira fights Jared Cannonier; and Jim Miller takes on Dustin Poirier in the other PPV bouts.

UFC is holding its second pay-per-view card in New York since the end of the state's nearly two-decade MMA ban. Headlined by McGregor, UFC 205 was stacked and boasted three title fights.

THE ASSOCIATED PRESS



Anderson Silva  
GETTY IMAGES



# Crunchy Turkey Lettuce Wraps



PHOTO: MAYA VISNVEI

**Ceri Marsh & Laura Keogh**  
For Metro Canada

This dinner delivers zesty, satisfying turkey with all of crunch and colour of a salad.

## Ready in 10 minutes

Prep time: 10 minutes  
Serves 4

## Ingredients

- 1 lb (ground turkey)
- 1 Tbsp of vegetable oil
- 1 red pepper, diced
- 1/2 cup water chestnuts, diced
- 2 scallions, chopped
- 1 clove of garlic, minced
- 1 tsp ginger, minced
- 1 Tbsp rice vinegar
- 1 Tbsp soy sauce
- 1 Tbsp Sriracha
- 1 head of Boston or bibb lettuce
- small handful of cilantro, chopped
- small handful of unsalted cashews, chopped

## Directions

**1.** Warm the oil in a large skillet over medium heat. Add the turkey and break it up with a spoon as it browns until almost cooked through.

**2.** Add the peppers, garlic and ginger and keep pushing everything around until it smells amazing and the vegetables begin to soften. Pour in the vinegar, soy and Sriracha, along with the water chestnuts and give it all a stir.

**3.** Check that the turkey has cooked through. Put the mixture in a serving bowl.

**4.** Place the meat, whole lettuce leaves, chopped cilantro and nuts on the table and let everyone assemble their lettuce wraps.

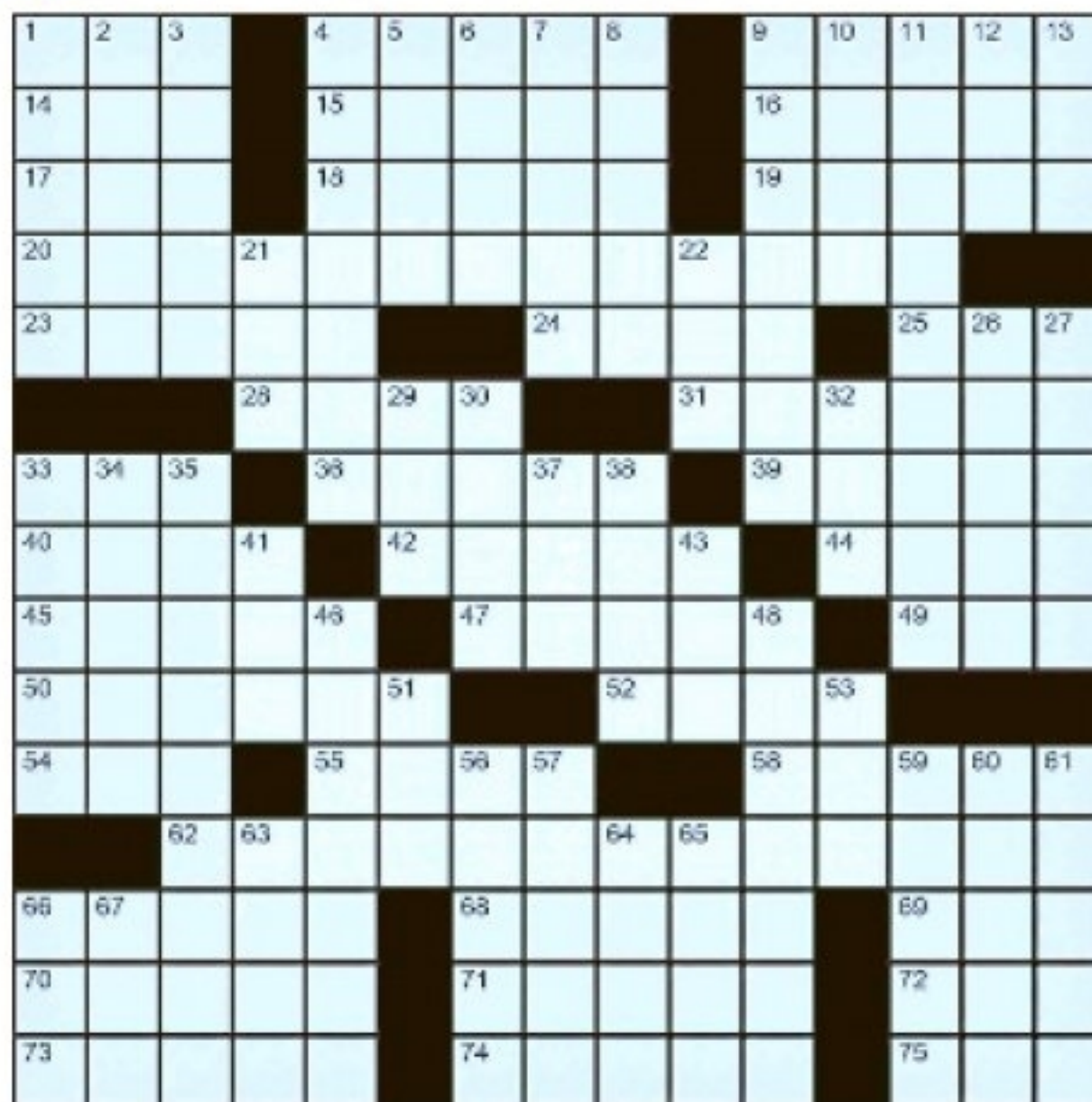
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# CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN

## ACROSS

- Phone's 8 letters
- Highway exits
- Awestruck
- News agency, e.g.
- Manicurist's board
- Simon of Duran Duran: 2 wds.
- Mr. Perlman
- Fancy tongue
- Dostoyevsky novel, and Punishment
- NWT: Scenically extending from Yellowknife to Tibbitt Lake, Highway 4 as it is commonly known: 2 wds.
- Food packaging meas.: 2 wds.
- Charles Dickens books illustrator's nickname
- 'I' in FWIW
- Ms. Ward
- Canadian writer, Yann (Author of Life of Pi)
- Clothe
- Do a cleanse, informally
- Heighten
- Canadian actor Raymond of "Perry Mason"
- Wristwatch company
- Puppy's cry
- Exorbitant
- Singer/pianist, Ray Joel
- Used the bench
- Ready-made, as some houses
- Emulate John Hancock
- Red Cham-



- ber fig.
- Mountain lion
- Shakespeare's feet?
- Song by Canadian band Sheriff that goes "And I never lived for nobody...": 4 wds.
- House 'story'
- Paul Anka song

- Good: French
- Sierra
- The Windsors watch horses race here
- Heart singer Ms. Wilson
- Cow milking area
- Beamed
- Susan of "The Par-

tridge Family"

## DOWN

- Shroud of
- Winning by a point: 2 wds.
- Twenty: French
- Akin
- Nursemaid
- Prefix to 'morph-

- osis'
- Dress diligently
- EDM instrument
- Spain palace attraction, of Seville
- Ginger Spice
- Skills
- Cheering prop half
- Chem. ending

- "Legally Blonde" (2001) star...her initials-sharers
- The Pacific
- 'Mechanical Resonance' band
- Counted sheep
- WKRP employee
- Over-fed = lot
- Light beam
- Recipe measurements, e.g.
- Outlandish
- Canadian actor Bruce in Madonna movie "Swept Away" (2002)
- Texas tea
- Vintage models of Jags
- NHL official
- Tip to 'date' (Get rusty)
- One adhering on-a-roll sheets to walls
- Shake
- Roll
- "Don't think so."
- King with a golden touch
- People in "Witness" (1985)
- "That mistake is all mine": 2 wds.
- 1950s crooner Pat
- Cheerful
- Fine-tune
- Texas city
- Aware of the surprise: 2 wds.
- Bug of winter
- Showed the way

# IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

**Aries** March 21 - April 20  
A friend will surprise you today. Alternatively, you might meet someone new who is a real character. Even your relations with clubs, groups and organizations will be unpredictable.

**Taurus** April 21 - May 21  
Something might suddenly throw you into the spotlight today, because people notice you. Perhaps a discussion with a boss ultimately will give you more freedom.

**Gemini** May 22 - June 21  
Unexpected opportunities to travel or learn something new today will fall into your lap. Stay light on your feet so that you can react fast, because your window of opportunity will be brief.

**Cancer** June 22 - July 23  
Double-check everything to do with shared property, inheritances and bank accounts today, because something unexpected will occur. Hopefully, it will be good news. Do not be caught off guard.

**Leo** July 24 - Aug. 23  
A discussion with a partner or close friend will be enlightening today, and you might even put a new spin on your relationship. It's possible that someone will throw you a curveball.

**Virgo** Aug. 24 - Sept. 23  
Something different will occur during your daily work routine today. New high-tech equipment might arrive, or someone unusual might suddenly join your ranks. Be ready.

**Libra** Sept. 24 - Oct. 23  
A surprise invitation to a social event might delight you today. Sports events will be exciting. This also is a classic day for love at first sight.

**Scorpio** Oct. 24 - Nov. 22  
A parent might say or do something today that you least expect. Something will happen within your family or at home that is exciting. You might bring home something new and high-tech.

**Sagittarius** Nov. 23 - Dec. 21  
Today you're full of bright and clever ideas, because you easily can think outside the box. One thing is certain: Your daily routine will change. Be prepared.

**Capricorn** Dec. 22 - Jan. 20  
You're full of clever money-making ideas today. However, something unexpected also might affect your earnings or finances. Keep your eyes open.

**Aquarius** Jan. 21 - Feb. 19  
Today you feel restless and rebellious. Your freedom will be very important. This is why you have to do your own thing today.

**Pisces** Feb. 20 - March 20  
Something hidden might catch you off guard today, but it might make you feel liberated. This also is a classic day for secrets to be revealed.

## CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9



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